



AMBULATORY BLOOD PRESSURE MONITORING (ABPM)

Your physician has prescribed an ambulatory blood pressure monitoring (ABPM) test. This examination is used to record your blood pressure.

ABOUT THE TEST

- The device will be loaned to you for a period of 24 hours
- You will wear a cuff on your arm and a device which will serve as an air compressor in a pouch held by a waist belt or a shoulder strap.
- Your blood pressure will be taken every 30 minutes, both day and night.

CAUTION: To avoid damaging the device, do not immerse it in water (bath, shower, pool, spa, etc.) and do not use it during contact sports. Removing the batteries from the device is prohibited.

PREPARING FOR YOUR APPOINTMENT

On the day of your appointment

- Wear a loose T-shirt to prevent discomfort with the cuff.

CANCELLING OR POSTPONING YOUR APPOINTMENT

If you need to cancel or postpone your appointment, please notify the staff by dialling 819-346-1110, ext. 21073 or ext. 14430.

REMEMBER TO BRING...

- A valid medical insurance card (otherwise you will have to pay for this test).
- Your hospital card
*If you do not have a hospital card, allow for 15 minutes to have one made at the admitting department before your appointment.
- An up-to-date list of all your medications.

ON THE DAY OF YOUR APPOINTMENT

- Go to the location at the time and date specified by the administrative officer or in your letter (received by mail or email).
- The technologist will explain how the device works.
- You will leave the hospital with the cuff and the device.

BACK HOME

You may resume all your regular activities except going into water with the device or practising contact sports with it.

When you feel the device taking your blood pressure, relax your arm as much as possible, keeping it still beside your body.

WHEN AND WHERE TO RETURN THE DEVICE

You must return the cuff and the device to the indicated location on the date specified by the technologist.

Before you leave your home, remove the cuff and press the blue button for 10 seconds to switch the device off. When the time no longer appears on the screen, the device is OFF.

CHECKLIST

My appointment date: _____

Time of my appointment: _____

Appointment location: _____

Returning the device

Device return date: _____

Location: _____

GETTING YOUR TEST RESULTS

Your results will be available 2 to 4 weeks after you have returned the device and will be sent to you by your prescribing physician.

DO YOU HAVE ANY QUESTIONS?



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Info-Santé 811

OR

Speak to your prescriber.

Authors

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Revision and layout

Service des communications

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